

# Workshop on the Science and Practice of Informal Caregiving

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**Workshop on the Science and Practice of  
Informal Caregiving  
Workshop Results:**

**Five Priority Research Areas  
and  
Ten Top Research Questions**

# **Research Area One:**

## **Assess Quality of Caregiving**

### **Top Research Questions**

**Outcomes.** What is the impact of informal caregiving upon the costs, as well as upon the health status, quality of life of patients/caregivers?

**Skill level assessment.** What is the most effective approach to assessing caregivers' skills and matching them to patients' needs?

# **Research Area Two: Maximize Caregiver Resources**

## **Top Research Questions:**

**Technology.** How can technologies be used to improve data gathering, support and education?

**Economics of Caregiving Programs.** What are the most cost effective caregiving support services that can be provided today?

# **Research Area Three:**

## **Improve the Caregiver Experience**

### **Top Research Questions**

**Burden.** How can we use what we know about the complexity of caregiver burden to design and implement caregiving programs that are effective and efficacious?

**Resilience.** How can we use what we know about resilience to design and implement caregiving programs that are effective and efficacious?

# **Research Area Four:**

## **Improve Caregiving Research Methodology**

### **Top Research Questions:**

**Improve outcome measures.** What measures can be used to capture variations in caregiving across time and contexts?

**Intervention research.** What research designs and measures make the most compelling caregiving research?

# **Research Area Five:**

## **Expand Scope of Research**

### **Top Research Questions:**

**Population Trends.** Who are the future caregivers and what is their level of readiness, commitment and preferences for caregiving?

**Transitions in and out of caregiving.** How can transitions (such as change of patients' or caregivers' situation) be used to optimize support interventions?

# Next Steps

Agency representatives and researchers will draft a document with recommendations for future research

Recommendations will be presented at next year's Caregiver meeting